

Shelby Bottoms Nature Center



Spring 2016 Program Schedule

Shelby Bottoms Nature Center is open:
Tues/Thurs/Sat — 9 am to 4 pm
Wed/Fri — 12 to 4 pm

Shelby Bottoms Greenway is open
7 days a week from dawn to dusk.

Mailing Address:
Shelby Bottoms Nature Center
1900 Davidson St.
Nashville, TN 37206

Phone: 615-862-8539



Email: shelbybottomsnature@nashville.gov
Website: www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx



Requests for ADA accommodation should be directed to the Nature Center at (615) 862-8539.



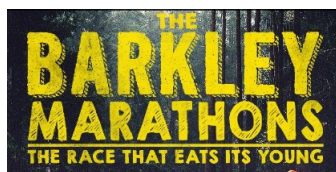
Catalpa bloom and tadpoles by James Fullerton

Nashville's winter was an exciting one with 70+ degree days and its largest accumulation of snow in 28 years! We had anywhere from 5-10 inches across Metro and an official 8 inches at the Nashville International Airport according to the [National Weather Service](http://www.nws.gov). (And no doubt many a good sled run was had here in this park! ;-)
But now we are ready for spring. We are ready for the migrant birds and the swift aerial acrobatic dives they take when we approach too closely to the nest boxes! We are ready for the frogs calling from every puddle and the huge masses of eggs they lay! We are ready for the spring wildflowers; though
Shelby might not have the color of the hills and hollows of other parks, we still have beauty! And we are ready to get out and have fun in the warm spring sun! So check out the program schedule and sign up for some programs. Share the schedule with a friend or neighbor too, or leave it at your doctor's office. We all can use a little spring fever relief!

March

Screening:

Thursday, March 3
7:30—9 pm
Ages 21+
Registration required



We are cohosting with our friends at [Nashville Hiking Meetup](http://www.meetup.com/nashville-hiking/events/228961461/): "A famous prison escape sparks the idea for a cult-like race that has seen only 10 finishers in its first 25 years. This award-winning, oddly inspiring, and wildly funny documentary reveals the sports world's most guarded secret." We will have snacks and beverages and donations will be gladly accepted. Seating will be provided chairs, floor-space, or feel free to bring a camp chair. <http://www.meetup.com/nashville-hiking/events/228961461/>
Leader: John Michael Cassidy and SBNC Volunteers

Celebrating Seuss

Saturday, March 5
12—3 pm
All ages
No registration

March 2nd is the birthday of the one and only Dr. Seuss! Swing by the nature center for an open house event where we turn the nature center into Seussville. We will have many activities, stories, crafts, and snacks.
Leader: Christie Wiser and SBNC staff

Story-Craft- Activity: The Underground

Friday, March 11
12—1 pm
All ages
Registration required

Join us for a midday story time, fun craft, and outside activity. This program will focus on things that might live and crawl predominantly under our feet in the park: crayfish, insects, rodents, etc. After our story and craft, we will explore the forest near the nature center.
Leader: SBNC Staff & Volunteers

Coffee Social

Saturday, March 12
6:30—8:30 am
All ages
No registration



All early-risers (regulars and visitors) who enjoy Shelby Bottoms are welcome to join us in the classroom and back porch for some quality coffee and tea. Meet "the guy with the dog" or the "family with the twin-stroller" that you always roll by, ask us a question, or just enjoy the birds/frogs from the back porch.
Leaders: John Michael Cassidy and Jim Hicks



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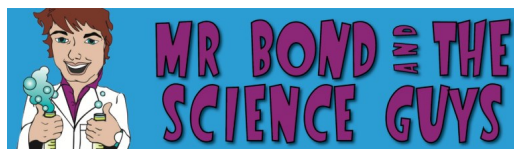
Pysanky Very Much!

Saturday, March 12
10 am—1pm
Ages 13+
Registration required:
limited spots

Pysanky- Ukrainian Egg Decorating is a part of an ancient tradition of decorating whole eggshells with elaborate geometric patterns and pictures. The delicate nature of real eggs is what makes Pysanky eggs all the more unbelievable! The Shelby Bottoms Nature Center is so fortunate to have special guest, Mike and Becca Dohn (EN community members and Pysanky enthusiasts) grace us with a beginner's intro to this incredible form of craft! Sign up today to reserve your spot.
Leaders: Special guests, Mike and Becca Dohn & host, Christie Wiser

Mr. Bond and The Science Guys

Saturday, March 19
10—11 am
All ages
Registration required



We love science at the nature center! Today, you can join Mr. Bond and the Science Guys here at Shelby Bottoms for an event that is certain to make science F-U-N with a capital everything!! Mr. Bond loves kids and his uncanny crowd control makes him a favorite for large special events including mobile science labs, school assemblies, fundraisers, birthday parties, fairs and festivals, or at summer science camps at Eastwood Christian Church. And he is doing it for free for us! **Any donations collected benefit the nature center!!** Check him out at the website: <http://www.mrbondscienceguy.com/> and then come check him out HERE!!!

MNPS Spring Break: March 21—25!

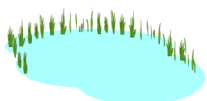
First Full Moon of Spring Hike

Wednesday, March 23
8—9 pm
All ages
Registration required

Two great occasions found in one great night hike! The big beautiful full moon and the beginning of spring time in Tennessee!!! Meet at the nature center by 8 p.m. where we will begin a leisurely walk by moonlight around Shelby Bottoms. No flashlights, please.
Leader: Christie Wiser

Marsh Madness Hike & Picnic

Thursday, March 24
11 am—12:30pm
All ages
Registration required



Is it a marsh, wetland, swamp, bottomland or what?!? Learn more about the “wet” areas and how important they are to us, animals and the world as a whole. We will take a hike around Shelby Bottoms to explore these areas, and discover what frogs we might hear calling, and other plants and wildlife; then stop off at the observation deck for a picnic lunch. Wear shoes that can get wet and pack a lunch if you plan to picnic with us!
Leader: Christie Wiser

Scavenger Hike

Friday, March 25
11 am—12:30 pm
All ages
Registration required

We'll split into groups and head to the woods to complete a fun scavenger hunt focusing on flora & fauna in the park and features near the nature center campus.
Leader: John Michael Cassidy

Learn to Cast: Fly Fishing

Saturday, March 26
9—11 am
Ages 8+
Registration required

Wading in a small stream casting a small fly to a sunfish, bass, or trout is as thrilling as it is challenging. We'll have some experienced casting instructors covering the basics and honing skills. Bring a rod if you have it or try our loaners; we'll have a variety including ones that you can make at home on the cheap for catching and releasing.
Leader: John Michael Cassidy and SBNC Volunteers

Body Works

Saturday, March 26
9:30—10:30 am
Ages 18+
Registration required

This mat class focuses on lengthening, stretching and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners.
Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com

bestUwellness



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April

Aqua April Scavenger Hunt

Offered when the nature center is open during the month of April
Ages 5+
No registration

Become a “Pirate of the Cumberland!” Come by the Nature Center and take a copy of our Aqua Scavenger Hunt with you on a hike around the Bottoms to see if you have what it takes to win “sunken treasure!” This “treasure” can be redeemed once you turn in a complete copy of the scavenger hunt to the front desk of the nature center!

This bud's for YOU!



Thursday, April 7
6—7:30pm
Ages 21+
Registration required

If you have an interest in the process of brewing craft beer and the ingredients used, then this is an evening you don't want to miss! Special guest, Steve Scoville, head brewer of [Little Harpeth Brewing](#), will speak about the basics of brewing and the sustainable practices he uses. For the last portion of this program, we'll step outside for a short stroll around the nature center campus with Naturalist Christie in search of wild edible plants that have been used to brew homemade beer throughout history. Leaders: Steve Scoville, Little Harpeth Brewing, & Christie Wiser

Linocuts & Watercolor

Saturday, April 9
2—3:30 pm
Ages 12+
Registration required

Don't miss this creative opportunity to learn a unique form of relief printing known as “linocut.” A design is carved into a piece of linoleum which can be fun and easy way to create images of nature (trees, flowers, insects...). After that process, we will hike around the park while allowing the ink to dry on our prints. Next we will fill in our linocut prints with water color paint to complete our works of art! Leader: Christie Wiser

Paddling In Nashville



Thursday, April 14
7—8 pm
All ages
Registration required

Our friends from the [TN Scenic Rivers Association](#) and [Paddle Adventures Unlimited](#) meetup group will join us for a presentation on local paddling options in Metro. The Nashville area has numerous beautiful lakes, rivers, and creeks that offer opportunities for all skill-levels and great wildlife to boot. We'll have some tips, photos, and plenty of time for Q & A. Leaders: John Michael Cassidy, Michael King (PAU), Patty Shultz (TSRA)

Beaver Patrol

Friday, April 15
7—8:30 pm
All ages
Registration required

Meet us before sunset, learn a little about active nocturnal wildlife, and enjoy the pond and forest come alive after dark. We will specifically spend some quiet time at Hidden Pond monitoring our beaver family(s). Leader: John Michael Cassidy

APRIL 16 IS UFO SATURDAY AT SHELBY BOTTOMS—URBAN FUN OUTDOORS!!

Mr. Bond & the Science Guys

Saturday, April 16
10—11 am
All ages
Registration required

Okay, technically this will be indoors, but the nature center represents the great outdoors and science teaches you all about the physical world, so who better to kick off UFO Saturday than Mr. Bond and the Science Guys??

Bike Ride: Wet “Lands” of Shelby Park & Bottoms

Saturday, April 16
12—1:30 pm
All ages
Registration required

Pack a lunch and join us for a tour of unique areas in Shelby Park & Bottoms: springs, lakes, ponds, wetlands, river, streams, and bottomland forest habitats. We will highlight some interesting facts about the areas and search for wildlife that inhabits them. Bring your own bike or rent one at the B-Cycle Station. Leader: John Michael Cassidy & Volunteers

Cherry Tree Spree!

Saturday, April 16
2—3 pm
All ages
Registration required

Cherry trees (native & non-native) have had an intricate role in our history, society and various cultures. Stop by the nature center for a short presentation and a short hike highlighting how special this tree truly is. Leader: Christie Wiser




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Bike Ride: Full Pink Moon	Thursday, April 21 7:30—9 pm Ages 13+ Registration required	Take a slow ride after sunset when the park clears out and the wildlife comes out! We'll check out some birds and bats before the sun goes down and then ride to listen and look for wildlife. Bring your own bike or rent one at the B-Cycle Station. Leader: John Michael Cassidy
Earth Day Sunrise Hike	Friday, April 22 6—7 am All ages Registration required	Observe Earth Day by joining us on a naturalist guided hike that will highlight the many sources of water that make this park so unique—wetlands, the river and pond, various streams and creeks. Coffee and juice provided! Leader: Christie Wiser
Trees of Shelby w/ Randy Allen	Saturday, April 23 9:30—10:30 am All ages Registration required	Meet us at the 300+ year old Bur Oak Slice in the nature center and take a hike with Randy Allen, certified arborist, arboretum-owner, and friend of the park. Randy's head has been in the trees since the mid 1960's and he has a wealth of knowledge on numerous trees and shrubs found in the park. We'll visit some of our favorite species and places in the park. Leaders: Randy Allen & John Michael Cassidy
 Body Works bestUwellness	Saturday, April 23 9:30—10:30 am Ages 18+ Registration required	This mat class focuses on lengthening, stretching and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners. Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com
		
Let's get "Cray"!	Thursday, April 28 6—7pm All ages Registration required	Shelby Bottoms is always full of character, and this time of year it is also full of crayfish! Learn more about our burrowing crayfish population while we hike around the nature center! Leader: Christie Wiser
Paddle to Work Day	Friday, April 29 7:30 am Call Nature Center for more details	Join area paddlers for a morning commute on the Cumberland River into downtown Nashville. We will enjoy coffee and snacks at East Bank Landing after the three (3) mile paddle. We will meet at the Shelby Park Boat Ramp. Call for more details.

All Shelby Park roads closed until 2 pm Saturday, April 30 for St Jude Rock 'n Roll Nashville Marathon (formerly Country Music Marathon). Nature Center closed all day. Shelby Park and Shelby Bottoms open all day to bike and pedestrian traffic.



Explore the Forest Floor	Friday, May 6 10—11:30 am Ages 6+ Registration required	Take a nice hike with us and explore the morning forest. We'll search for salamanders under the leaf litter, insects in the rotting logs, and listen all around for the songs of spring. Leader: John Michael Cassidy
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May

James Fullerton—Catalpa Tree

An opening reception for
Second Perspective:
an analogue photo
exhibit by
Eli Johnson

Friday, May 6
6—8 pm
All ages
No registration

Introducing young photographer, Eli Johnson, and his unique series of photos taken in and around the park with film. The focus of this edgy collection is nature and urban areas, while using techniques with black & white, color, and double exposure. Exhibit runs until May 31st

**Mommy
Match-Up!**

Saturday, May 7
12—1:30pm
All ages
Registration required

Moms are special, and especially in nature! We will spend some time in the classroom exploring some of the various animals and plants that produce beautiful offspring, then take a short hike around the park to see if we spot any of the flora and fauna we discussed. We will also play a game of what I call “Mommy Match Up”! Leader: Christie Wiser

**Story-Craft-
Activity: Creeping
and Crawling**

Friday, May 13
12—1 pm
All ages
Registration required

Join us for a midday story time, fun craft, and outside activity. This program will focus on things that we might find creeping or crawling on the forest floor in the park: frogs, snakes, skinks, etc. After our story and craft, we will explore the forest near the nature center.
Leader: Nature Center Staff & Volunteers



Trail Days!



Saturday, May 14
11 am—12:30 pm
All ages
Registration required

Damascus, VA is a famous trail town that celebrates the Appalachian Trail (AT) and the people who love it every year: Trail Days! We will have an open-house style event that will highlight the AT, local Nashville hikes, and other long trails in the region. If you love to hike, are an AT Thru-Hiker, or can't make the 320 mile drive to Damascus, join us for a spring celebration.
Leader: John Michael Cassidy & Volunteers

**Mr. Bond &
the Science Guys**

Saturday, May 21
10—11 am
All ages
Registration required

Mr. Bond is back to show us that science is amazing! We are lucky to have them as a special guest one last time this spring! They do this for all sorts of events—parties, fairs, festivals and summer science camps too—even one here in east Nashville at Eastwood Christian Church! He's doing his show today for free, **but if you donate—it all goes to the nature center for nature programs!**

Wildflower Walk

Saturday, May 21
2—3pm
All ages
Registration required

Spring has sprung and “flower-power” is all around! Enjoy a short hike while learning to identify a few of the beautiful plants showing off their spring blooms.
Leader: Christie Wiser

**Attack of the
Aerial Insectivores!**

Wednesday, May 25
7:30—8:30 pm
All ages
Registration required

Swallows, swifts, martins, and nighthawks are just a few of the birds known as aerial insectivores; their diet consists almost exclusively of flying insects. Come learn about these athletic and beautiful birds, and why they are threatened. We'll depart before sunset into twilight in search of an aerial show.
Leader: John Michael Cassidy

Body Works

Saturday, May 28
9:30—10:30 am
Ages 18+
Registration required

This mat class focuses on lengthening, stretching and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners.
Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach & founder/CEO of BestUWellness.com

bestUwellness

**Picking and
Planting:
Music and
Seed swap!**



Saturday, May 28
1—3 pm
All ages
Please register

Summer is near and we want to celebrate the warm weather and longer days with two of our favorite things: a picking party on the back porch and giving away seeds from our organic teaching garden! Come by to relax and listen to music and take home seeds for your garden or containers! Free lemonade!



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OFO SATURDAY



April 16, 2016
Check Schedule For All
Events Planned!